CAN FRUITS AND VEGETABLES PROTECT YOUR KIDNEYS?

IN RANDOMIZED TRIALS, UNDER A KIDNEY DOCTOR, YES.

3 yrs

In 108 people with stage 3 kidney disease, added fruits and vegetables slowed the loss of kidney function over 3 years, compared with usual care (randomized).

Goraya et al. · Kidney International · 2014 [1]

WHAT DID THEY CHANGE?

- **Added fruits and vegetables**
- **Chosen to cut dietary acid in half**
- **Close monitoring by their doctors**

Patients were carefully selected. Never add large amounts without your kidney doctor.

WHAT SHOULD YOU ASK YOUR KIDNEY DOCTOR?

1. **Could adding more fruits and vegetables help my kidneys?** [2,1]
2. **Is my potassium level safe for that?** [2]
3. **Should I see a kidney dietitian?**

4 How often should we check my kidney function if I change my diet?

14% lower risk of developing kidney disease in adults who ate the most healthy plant foods, followed for 24 years (14,686 adults, observational).

Kim et al. · Clinical Journal of the American Society of Nephrology · 2019 [3]

! **Work with your doctor, not around them. Never stop a medication on your own.**

BOTTOM LINE **Plants can help protect your kidneys, but only with your kidney doctor watching your potassium.**

MORE OF THE EVIDENCE

- In 71 people with stage 4 kidney disease, one year of added fruits and vegetables worked about as well as sodium bicarbonate pills. Potassium did not rise in either group. [2]
- In 108 people with stage 3 kidney disease followed for 3 years, kidney function declined less with added fruits and vegetables than with usual care. [1]
- In 14,686 adults followed for 24 years, those who ate the most healthy plant foods had a 14% lower risk of developing kidney disease. [3]

Keep in mind: Patients were carefully selected and closely monitored. Do not add large amounts of fruits and vegetables without your kidney doctor.

WE TAKE ZERO PRESCRIPTIONS.

That's our choice, not a rule for you. Some prescriptions save lives, like antibiotics for an infection. Food won't replace your kidney care. With your kidney doctor watching your labs, it may help protect the kidney function you have.

I'm not anti-medicine. I'm pro-health.

Don't take my word for any of this. Check it with your favorite AI, read the original studies, then bring them to your doctor.

NOTES FROM MY APPOINTMENT

DATE AND DOCTOR

WHAT WE AGREED TO TRY

WHEN WE WILL RECHECK

SOURCES

[1] Goraya N, et al. Kidney International, 2014. Treatment of metabolic acidosis in patients with stage 3 chronic kidney disease with fruits and vegetables or oral bicarbonate reduces urine angiotensinogen and preserves glomerular filtration rate. https://pubmed.ncbi.nlm.nih.gov/24694986/

[2] Goraya N, et al. Clinical Journal of the American Society of Nephrology, 2013. A comparison of treating metabolic acidosis in CKD stage 4 hypertensive kidney disease with fruits and vegetables or sodium bicarbonate. https://pubmed.ncbi.nlm.nih.gov/23393104/

[3] Kim H, et al. Clinical Journal of the American Society of Nephrology, 2019. Plant-based diets and incident CKD and kidney function. https://pubmed.ncbi.nlm.nih.gov/31023928/

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